

2006 FAMILY HEALTH CONFERENCE



Healthy Messages For Healthy Families

APRIL 18 & 19, 2006

HOLIDAY INN CONVENTION CENTER

110 South Second Avenue

Kearney, Nebraska

Sponsored by:

- Nebraska Department of Health and Human Services Regulation and Licensure, Office of Family Health
- Development Systems, Inc., Kansas City, Missouri

Supported by Grant # FPTPA070025-27-0 from the Office of Population Affairs

US Department of Health and Human Services - Region VII

Nevada Health and Human Services



Office of Family Health

P.O. Box 95007

Lincoln, NE 68509-5007

AA/EOE/ADA

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CONFERENCE OBJECTIVES

- Participants will explore healthy behaviors and how they affect the individuals overall well being.
- Participants will be able to describe the impact of individual choices on the health of the family.
- Participants will be able to discuss the implementation of programs for individuals and families that lead to healthier communities.
- Participants will identify practical applications of new knowledge gained for their practice settings.

CONFERENCE GOAL

This conference will provide information on the inter-relationship of the health choices of the individual, family, and community and the messages that they are exposed to.

TARGET AUDIENCE

- Nurses (RN's, LPN's, NP's, CNM's)
- Counselors/Therapists
- Dietitians
- Health Educators and Health Program Administrators
- Social Workers
- Others working in the family health field

CONFERENCE SPONSORS

- Nebraska Department of Health and Human Services Regulation & Licensure - Office of Family Health - Lincoln, Nebraska
- Development Systems, Inc., Title X, Region VII Family Planning Training Office Kansas City, Missouri, Grant # FPTPA070025-27-00
- March of Dimes - Nebraska Chapter, Omaha, Nebraska
- Nebraska Department of Health and Human Services Regulation & Licensure - Tobacco Free Nebraska - Lincoln, Nebraska



for a great state of health

Other conference support is greatly appreciated and will be acknowledged during the conference.

CONFERENCE FACULTY

Lynn Ayers
Child Advocacy Center
Lincoln, Nebraska

Karla Damus, MSPH, Ph.D. R.N.
March of Dimes Birth Defects
Foundation National Office
White Plains, New York

Peter DeBenedittis, Ph.D.
Peter D & Company
Sante Fe, New Mexico

Alice Eberhardt-Wright
Private Consultant - Family, Early
Childhood & Mental Health
Topeka, Kansas

LaRon Henderson
Nebraska Children &
Families Foundation
Lincoln, Nebraska

Alice Henneman
University of Nebraska
Cooperative Extension
Lincoln, Nebraska

Beth Horak
Nebraska Rural Health &
Safety Coalition
Western, Nebraska

Marshall Kreuter, Ph.D.
Public Health Institute,
Georgia State University
Atlanta, Georgia

Nick Mezacapa, M.DIV.
Rector, Calvary Episcopal Church
Rochester, Minnesota

Judy V. Schmidt, R.N., Ed.D.
Centers for Disease Control and
Prevention
Atlanta, Georgia

Susan Swearer, Ph.D.
University of Nebraska - Lincoln
Lincoln, Nebraska

Pat Tackitt, MSN
Michigan Public Health Institute
Okemos, Michigan

L. Chesney Thompson, M.D.
University of Colorado Health
Science Center
Denver, Colorado

KEYNOTE SPEAKERS



PETER DE BENEDITTIS, PH.D. – Dr. Peter DeBenedittis is one of America's leading experts on media education and prevention. Dr. DeBenedittis has consulted for the Centers for Disease Control and Prevention, the American Medical Association, and the White House Office on Drug Control Policy. Dr. DeBenedittis regularly keynotes at education, prevention, health promotion, and media conventions. Annually, he speaks to more than 50,000 students (kindergarten through college) and trains more than 1,000 teachers and health/prevention activists on how to use science-based media education for prevention.

Using state-of-the-art multimedia deconstructions, Dr. DeBenedittis can educate, while entertaining, on the topics of tobacco prevention, underage and binge drinking, violence prevention, eating disorders, body image, parenting around media, and consumerism.

Having previously run an ad agency for 10 years, Dr. DeBenedittis now uses his advertising knowledge to educate for prevention rather than seduce for profits. He was featured in a recent episode of the CBS news magazine "48 Hours" for his work teaching media literacy.



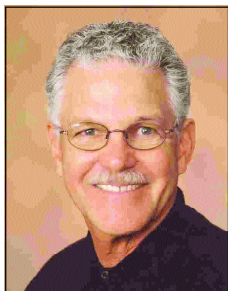
KARLA DAMUS, MSPH, PH.D., R.N. – Karla Damus is a Senior Research Associate Epidemiologist, Office of the Medical Director National March of Dimes. Ms. Damus also serves as the Director of Community Programs,

Department of Obstetrics & Gynecology and Women's Health, Albert Einstein College of Medicine in Bronx, New York.

Ms. Damus received her BSN from UCLA, a Master of Science in Public Health from UCLA School of Public Health and a Ph.D. in Epidemiology from University of California at Berkeley, School of Public Health.

Currently, Ms. Damus serves on the National Fetal Alcohol Syndrome Task Force and is a Board Member for the National Perinatal Information Center.

Ms. Damus' research has been published in numerous peer reviewed journals. In 2004 Karla spoke to over 4,000 professionals at 60 national, regional, state perinatal meetings and medical centers in 30 states.



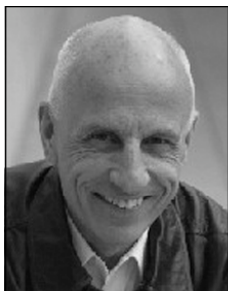
MARSHALL W. KREUTER, PH.D. – Dr. Kreuter is a visiting professor in the Public Health Institute at Georgia State University in Atlanta. He is currently the Principal Investigator in a large grant that is designed to reduce health disparities in a low-income minority population in Atlanta, GA.

In 2000, he retired as a Distinguished Scientist/Fellow at Centers for Disease Control and Prevention (CDC) in Atlanta where he served in several key leadership roles: as the

Director of the Division of Health Education, as the first director of the Division of Chronic Disease Control and Community Intervention, and as Director of the Prevention Research Centers program.

He and his co-workers at CDC refined the epidemiologic study of physical activity, initiated research and programs focused on the early detection of breast cancer, added a greater emphasis on school health, and created the Planned Approach to Community Health (PATCH) program.

More recently he has researched the theory of social capital, exploring the extent to which the presence or absence of social capital may be associated with the effectiveness of community-based health improvement initiatives.



NICK MEZACAPA, MDIV – Nick Mezacapa has inspired audiences across the country with his unique and unforgettable presentations. Nick has developed inspiring motivational presentations building upon the theme, Survival and Spirituality. He has delivered motivational presentations at conferences, events, team-building sessions and retreats.

Nick has served as the rector of Calvary Episcopal Church for the past 16 years. Before coming to Minnesota he served churches in Iowa, Michigan, and New York. A graduate of Heidelberg College in Tiffin, Ohio, he was trained as a teacher and athletics coach and worked in the field for seven years. It was after his teaching career that he attended Colgate/Rochester/Bexley Hall/Crozer Divinity School in Rochester, New York to receive his Masters in Divinity Degree and subsequent ordination to the priesthood.

Nick's style weaves captivating personal life experiences with the refreshing and inspiring message he has to share.



JUDY V. SCHMIDT, R.N., ED.D. – Dr. Judy Schmidt is a Public Health Educator with the Centers for Disease Control and Prevention in Atlanta, Georgia. Judy earned her doctorate in Education at the University of San Francisco and has Masters degrees in Management and Nursing from the University of Redlands and University of Colorado. Since coming to the immunization program at CDC in 2000, she has helped create and present numerous educational offerings including onsite courses, satellite broadcasts, webcasts, CD ROM, and printed materials.

APRIL 18, 2006

7:00 am –
8:30 am

REGISTRATION CONTINENTAL BREAKFAST EXHIBITS

8:30 am –
8:45 am

WELCOME – Jacquelyn Miller, D.D.S
Deputy Director, Health Services, Nebraska Dept of Health and
Human Services Regulation & Licensure

8:45 am –
10:15 am

OPENING KEYNOTE SPEAKER

Karla Damus, MSPH, Ph.D, R.N.
**Prematurity, Infant Mortality, and Health Disparities: What are the
Public Health Implications?**

From the March of Dimes Birth Defects Foundation National
Office, we welcome Karla Damus, Senior Research Associate,
who will discuss the public health implications of infants who are
born pre-term and low birth weight. Ms. Damus will describe the
goals, benefits and limitations of preconception health promotion
and define issues appropriate to preconception counseling in
medical, nutritional, reproductive, and social arenas.

10:15 am –
10:45 am

BREAK AND EXHIBITS

10:45 am –
12:00 Noon

CONCURRENT SESSIONS (choose one)

A. School Bullying, Prevention and Intervention - Susan Swearer, Ph.D.

Bullying is much too accepted as a part of growing up and
Susan Swearer, a UNL educational psychology professor and
bullying expert, will give tips about how and how not to mini-
mize bullying in schools. Seventy-five percent of children iden-
tify themselves as either a bully or victim of bullying at some
point during their school years. Many are both, and exhibit a
high rate of depression, behavioral problems and lower aca-
demic success.

B. What Cockroaches Do When the Lights Go Off - Peter De Benedittis, Ph.D.

A look at so-called tobacco industry “prevention efforts” since
the Master Settlement Agreement required tobacco companies
to provide them. Learn how media/tobacco industry business
relationships shape prevention messages, and familiarize

yourself with tobacco industry practices that circumvent and shape US laws.

C. Spending Your Calorie Salary: Tips for Using MyPyramid - Alice Henneman, Ph.D.

Join Extension Educator Alice Henneman and learn how the new MyPyramid differs from the previous Food Guide Pyramid. Participants will also learn 5 “budgeting tips” to assist patients/clients to spend their MyPyramid “calorie salary” wisely.

D. Child Sexual Abuse - A Public Health Epidemic - Lynn Ayers

Statistics show that child sexual abuse occurs at an alarming rate. It is estimated that one in four girls and one in six boys will be a victim of child sexual abuse. At the conclusion of this session, attendees will be able to demonstrate an increased understanding of child sexual abuse including listing at least 6 behavioral and physical indicators of abuse, describe the grooming process, and provide reasons why children commonly don't report sexual abuse.

E. Life Course Interventions in Prenatal Care - Karla Damus, MSPH, Ph.D, R.N.

Scientific evidence will be examined about preconception care. The discussion will include the importance of interventions throughout the course of a woman's life and how those interventions can improve birth outcomes. Resources and model projects will be shared that address prenatal and pre-conception care.

Noon –
1:00 pm

LUNCH AND EXHIBITS

1:00 pm –
2:15 pm

CONCURRENT SESSIONS (choose one)

(Sessions A-E are repeated from morning sessions)

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2:15 pm –
2:45 pm

BREAK AND EXHIBITS

2:45 pm –
4:15 pm

Social Capital and the Public's Health - Marshall Kreuter, Ph.D.

This presentation makes the case that the presence or absence of organizational social capital can be a critical factor in a community's effort to promote the health, welfare, and quality of life of its residents. Approaches to assessing and strengthening a community's level of organizational social capital will be discussed. Social Capital refers to the connections/relationships between people and the trust and cooperation that develops because of those connections/relationships.

APRIL 19, 2006

7:30 am –

REGISTRATION

8:30 am

CONTINENTAL BREAKFAST EXHIBITS

8:30 am –

OPENING KEYNOTE SPEAKER

10:00 am

Bigger is Badder: A Behind the Scenes Look at the Marketing of Obesity, Peter DeBenedittis, Ph.D.

The obesity epidemic in America could be the straw that breaks our country's back. For the first time in American history, children are projected to have a shorter life-span than their parents. Dr. DeBenedittis will expose the economics and marketing ploys enticing Americans' waists to become the largest they've ever been. This multi-media tour-de-force teaches how the addictive consumption of food is glamorized and how critical thinking skills can help youth learn healthy eating habits.

10:00 am –

BREAK AND EXHIBITS

10:30 am

10:30 am –

CONCURRENT SESSIONS (choose one)

11:45 am

- A. **Why Infant Death Investigation is Vital: Understanding SUIDs and Reducing Infant Deaths in the Community - Patricia L. Tackitt, MSN**

This presentation will describe the infant death investigation process, its purpose and what 5 years of infant death investigations have taught us about the causes of SUIDs (sudden unexpected infant death) in Wayne County, Michigan and how to prevent them. Included in the discussion will be a review of the current infant death findings in Nebraska.

- B. **Rural Safety: Healthy Messages-Healthy Families - Beth Horak**

This session will review agriculture fatality statistics, look at farm safety issues, and provide participants with hands-on experiences. Participants will be given the opportunity to try out the safety demonstrations that are used at camps and activities by the Nebraska Rural Health and Safety Coalition.

- C. **Alone in the Fearsome Fog: Maternal Depression - Alice Eberhart-Wright, MA**

Maternal depression is a major concern in the field of infant mental health. This session will deal with high risk situations for maternal depression, look at assessment tools, summarize the

research, and present intervention strategies that protect young children while recognizing the needs of the family. Videotapes that show the powerful impact of maternal depression, a list of resources, and contributions from the audience will provide participants with information to take home and implement.

D. Sexually Transmitted Diseases: An Update - L. Chesney Thompson, M.D.

Dr. Thompson will provide an overview of current epidemiologic developments in STDs (sexually transmitted diseases), STD testing, and STD treatment. What trends are being seen nationwide and in the midwest? Attend this session and see the need for developing a plan for addressing the spread of STDs in Nebraska communities.

E. Who Invited You Anyway? A Look at Fatherhood Initiatives - LaRon Henderson

Early Childhood Programs sometimes keep males at an “arm’s length.” Discover some fun and successful strategies that can lead to enthusiastic male involvement with their children. Find out how to build awareness of the positive aspects of male involvement. Participants will also learn to recognize and remove barriers to and increase the involvement of males with their children.

F. Current Topics in Immunizations - Judy V. Schmidt, Ed.D.

Topic 1: Vaccines During Pregnancy and Breastfeeding

Answering questions about giving vaccines during pregnancy and breastfeeding is often a source of concern and misinformation. When and why should pregnant women be vaccinated and when should they not be vaccinated? Do vaccines appear in breast milk? Which ones? Is that a concern? The vaccines to consider and the vaccines to avoid during pregnancy will be discussed. Common misinformation related to rubella, measles, varicella, and influenza diseases and their vaccines will be clarified.

Topic 2: Communicating With Parents About Vaccine Safety

As vaccine preventable diseases have declined, interest in adverse events and the necessity of vaccines has increased. This part of the session will help you anticipate parent questions about vaccine safety, research, benefits, and risks. Be ready as an informed professional; know what to say and where to get accurate helpful information.

11:45 am –
12:45 pm

LUNCH

12:45 pm –
1:30 pm

What’s New in Immunizations? - Judy V. Schmidt, Ed.D.

Vaccine recommendations and schedules have been expanded

dramatically in the past two decades, and new vaccines continue to be licensed. Understanding today's vaccine recommendations is a challenge to healthcare providers and workers. In order to protect their patients and families, it is essential that healthcare workers are immunized.

New vaccines include adolescent and adult pertussis (Tdap) protection, a new meningococcal conjugate vaccine and perhaps the new HPV and Pandemic Influenza vaccine within the next year. These and other issues will be discussed.

1:30 pm –

BREAK AND EXHIBITS

1:45 pm –

1:45 pm –

CONCURRENT SESSIONS (choose one)

(Sessions A-F are repeated from morning sessions)

3:00 pm

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3:00 pm –

BREAK AND EXHIBITS

3:15 pm –

3:15 pm –

CLOSING KEYNOTE

4:15 pm

How Can I Keep Doing This? - Nick Mezacapa, M.Div

This closing keynote presentation encourages ‘people-professionals’ to make a positive, self re-investment into their work. The talk focuses on the shortness and uncertainty of human life, and our responsibility to live our lives with that in mind. Sit back, relax, and reflect, then go back to work with a newly rejuvenated perspective on life’s work both on the job and at home.

GENERAL INFORMATION

LOCATION: Holiday Inn Convention Center
110 South Second Avenue
Kearney, Nebraska 68848

REGISTRATION FEE:

Full Conference (Two Days).....\$90.00
One Day..... \$60.00

REFUND POLICY: No refunds, but substitutions will be accepted.

LODGING: A special room rate has been contracted for conference participants. The rate is \$66.00 per night for single through quad occupancy. Please call (308) 237-5971 or 1-800-248-4460 in state to make your reservations. **The reservation deadline is March 24, 2006. Any reservations received after that date cannot be guaranteed at this rate.**

DRESS: Participants are encouraged to bring a sweater or jacket to sessions as the rooms may be chilly.

INFANTS: Infants under 6 months of age are welcome at the conference. Please respect the learning needs of other participants and care for your baby outside the meeting room if your baby makes either “happy or sad” sounds.

ADA: In the spirit of the ADA, the Nebraska Dept of Health and Human Services System would like to make every effort to accommodate participants with special needs. Please contact us if you have any specific needs.

CELL PHONES: Please respect other conference participants and place your cell phone on vibrate or turn it off during sessions. If you should receive a call, please leave the meeting to take the call in a commons area.

FOR FURTHER INFORMATION: Contact the Office of Family Health at (402) 471-3980.

Display or demonstration of commercial products at this event does not imply approval or endorsement by the American Nurses Credentialing Center, the Missouri Nurses Association, Development Systems, Inc., or the Nebraska Department of Health and Human Services Regulation and Licensure.

CREDIT

Development Systems, Inc. is approved as a provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This program is approved for 14.4 contact hours, 7.5 hours for Tuesday, April 18th and 6.9 hours for Wednesday, April 19th.

Participants who sign in as specified at the educational activity, remain throughout the educational activity, complete an evaluation, and are present at the end of the activity, will receive a certificate of completion.

This conference meets the continuing education criteria for mental health professionals, social workers, and professional counselors. Tuesday April 18th provides 5.50 CEU's and Wednesday April 19th provides 5.75 CEU's.

Application has been made for continuing education units for the following professions: registered dietitians, registered medical nutrition therapists, nursing home administrators, family and consumer sciences.

Questions on continuing education? Contact Jeff Hoffman at (402) 471-6770.

CONFERENCE PLANNING COMMITTEE

Marge Blankenship
WIC Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Lynne Brehm
Early Childhood
Nebraska Dept of Health and Human Services Regulation and Licensure

Brenda Coufal
PRAMS Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Rayma Delaney
MCH Planning and Support
Nebraska Dept of Health and Human Services Regulation and Licensure

Paula Eurek
Office of Family Health
Nebraska Dept of Health and Human Services Regulation and Licensure

Linda Henningsen
Adolescent Health Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Becky Hill
Reproductive Health Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Jeff Hoffman
Newborn Hearing Screening
Nebraska Dept of Health and Human Services Regulation and Licensure

Michelle Hood
Immunization Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Julie Miller
Newborn Screening and Genetics
Nebraska Dept of Health and Human Services Regulation and Licensure

Barb Packett
Commodity Supplemental Food Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Julie Reno
Reproductive Health Program
Nebraska Dept of Health and Human Services Regulation and Licensure

Peggy Trouba
WIC Program
Nebraska Dept of Health and Human Services Regulation and Licensure

REGISTRATION FORM

2006 FAMILY HEALTH CONFERENCE

Registration due by **APRIL 4, 2006**

Please print clearly or type

Name (for name badge): _____ Job Title: _____

Agency: _____

Agency Address: _____

Street

City

State

Zip

Agency Phone: () _____ Agency Fax: () _____

Yes, I would like NURSING contact hours (This information MUST be completed to receive nursing contact hours.)

Name (as it appears on license): _____

License State/Number: _____

Home Address: _____

Street

City

State

Zip

PLEASE SELECT YOUR BREAKOUT SESSIONS (PLEASE CIRCLE):

Tuesday a.m.	A	B	C	D	E	
Tuesday p.m.	A	B	C	D	E	
Wednesday a.m.	A	B	C	D	E	F
Wednesday p.m.	A	B	C	D	E	F

INCOMPLETE REGISTRATIONS WILL NOT BE ACCEPTED. PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM

_____ Both Days Registration - \$90

_____ April 18 only - \$60

_____ April 19 only - \$60

My check for \$ _____ is enclosed payable to **Office of Family Health**
(FTIN # 47-0491233).

MAIL CHECK (PAYABLE TO OFFICE OF FAMILY HEALTH) AND COMPLETED REGISTRATION FORM TO:

**BARB PACKETT
OFFICE OF FAMILY HEALTH
301 CENTENNIAL MALL SOUTH, 3RD FLOOR
P.O. BOX 95007
LINCOLN, NEBRASKA 68509-5007**

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM

